

NACE Care of Childbearing Family Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is a key reason to educate pregnant women about prenatal vitamins?**
 - A. To reduce fatigue during pregnancy**
 - B. To prevent morning sickness**
 - C. To ensure adequate folic acid intake**
 - D. To enhance fetal movement**
- 2. What vaccination is recommended for pregnant women to protect the newborn?**
 - A. Flu vaccine**
 - B. MMR vaccine**
 - C. Tdap vaccine**
 - D. Hepatitis B vaccine**
- 3. During a clinic visit, a 28-week pregnant patient reports leg cramps. What statement indicates understanding of the relief measures?**
 - A. "Stretching your legs and pointing your toes toward your knee will bring relief."**
 - B. "I should stay off my feet completely to avoid cramps."**
 - C. "I will apply hot towels to my legs to relieve the cramps."**
 - D. "Massaging is the best way to relieve leg cramps."**
- 4. Which factor poses a high risk for teratogenic exposure during pregnancy?**
 - A. History of hypertension**
 - B. Part-time oncology nurse occupation**
 - C. Age of 35 years**
 - D. Travel to different countries**
- 5. When a pregnant patient has genital herpes, which complication are they at higher risk for than the general population?**
 - A. Preterm labor**
 - B. Cervical incompetence**
 - C. Cesarean delivery**
 - D. Toxic Shock Syndrome**

- 6. Which nursing action is essential for preventing postpartum hemorrhage related to uterine atony?**
- A. Administering medications as ordered.**
 - B. Massaging the uterus.**
 - C. Encouraging ambulation.**
 - D. Monitoring vital signs closely.**
- 7. Which benefit is associated with avoiding alcohol during pregnancy?**
- A. Improved financial stability**
 - B. Reduced risk of fetal alcohol spectrum disorders**
 - C. Enhanced social life**
 - D. More energy for physical activities**
- 8. Just after a client delivers a baby weighing 7 pounds, what is the priority nursing action?**
- A. Weigh the newborn**
 - B. Check the Apgar score**
 - C. Dry off the newborn**
 - D. Encourage skin-to-skin contact**
- 9. What is the role of nutrition during pregnancy?**
- A. To restrict caloric intake for weight management**
 - B. To support fetal growth, development, and maternal health**
 - C. To ensure strict adherence to dietary plans**
 - D. To eliminate all fats from the diet**
- 10. How can pelvic floor exercises affect labor?**
- A. They can make labor easier and recovery faster**
 - B. They have no effect on labor**
 - C. They increase labor pain**
 - D. They can lead to longer labor duration**

Answers

SAMPLE

1. C
2. C
3. A
4. B
5. C
6. B
7. B
8. C
9. B
10. A

SAMPLE

Explanations

1. What is a key reason to educate pregnant women about prenatal vitamins?

- A. To reduce fatigue during pregnancy**
- B. To prevent morning sickness**
- C. To ensure adequate folic acid intake**
- D. To enhance fetal movement**

Educating pregnant women about prenatal vitamins is essential primarily because these vitamins are crucial for ensuring adequate folic acid intake. Folic acid, a B vitamin, plays a significant role in the early development of the fetus, particularly in the formation of the neural tube, which eventually becomes the brain and spinal cord. Adequate folic acid before conception and during early pregnancy greatly reduces the risk of neural tube defects, making it a vital component of prenatal care. While reducing fatigue during pregnancy, preventing morning sickness, and enhancing fetal movement are all considerations during pregnancy, they are not the primary purpose of prenatal vitamins. Folic acid's role in preventing serious developmental issues supports the argument for educating pregnant women about the importance of these vitamins, emphasizing the need for optimal nutrition during this critical period.

2. What vaccination is recommended for pregnant women to protect the newborn?

- A. Flu vaccine**
- B. MMR vaccine**
- C. Tdap vaccine**
- D. Hepatitis B vaccine**

The recommendation for the Tdap vaccine during pregnancy is based on its critical role in protecting newborns from pertussis (whooping cough). Pregnant women are advised to receive the Tdap vaccine regardless of their vaccination history, ideally between 27 and 36 weeks of gestation. This timing helps to ensure that the mother develops antibodies that can be passed to the baby in utero, providing the newborn with passive immunity against pertussis in the first few months of life when they are most vulnerable. Maternal immunization with Tdap has been shown to significantly reduce the incidence of whooping cough in infants, which can lead to severe complications or even death. By vaccinating during pregnancy, the risk of pertussis in the neonatal period is greatly minimized. While other vaccinations may also be important, such as the flu vaccine to protect both the mother and the child from influenza or the Hepatitis B vaccine for those at risk, the Tdap vaccine specifically targets a severe disease in newborns and is notably emphasized for pregnant women. The MMR vaccine is contraindicated during pregnancy due to potential risks to the fetus and is generally recommended in the preconception phase. This makes the Tdap vaccine the most directly relevant choice for the protection of newborn

3. During a clinic visit, a 28-week pregnant patient reports leg cramps. What statement indicates understanding of the relief measures?

- A. "Stretching your legs and pointing your toes toward your knee will bring relief."**
- B. "I should stay off my feet completely to avoid cramps."**
- C. "I will apply hot towels to my legs to relieve the cramps."**
- D. "Massaging is the best way to relieve leg cramps."**

The statement that suggests an understanding of relief measures for leg cramps during pregnancy highlights the effectiveness of stretching and specific movements. Stretching the legs and pointing the toes toward the knee helps alleviate muscle tension, which can reduce the occurrence and severity of cramps. This activity promotes flexibility and can help to improve blood circulation, which is often beneficial for pregnant individuals experiencing cramping due to changes in body dynamics, increased weight, and additional strain on the legs. The other options, while well-meaning, do not effectively address the specific needs related to leg cramps in pregnancy. For example, avoiding all weight-bearing activity may lead to muscle weakness and does not facilitate the circulation required to alleviate cramps. Similarly, while applying heat can be soothing, it is not always the most effective treatment for cramps compared to stretching. Lastly, although massaging may provide some relief, it is not as directly beneficial in relieving cramps as the stretching method described, which specifically targets the muscle groups involved in cramping.

4. Which factor poses a high risk for teratogenic exposure during pregnancy?

- A. History of hypertension**
- B. Part-time oncology nurse occupation**
- C. Age of 35 years**
- D. Travel to different countries**

The choice that highlights a high risk for teratogenic exposure during pregnancy is linked to occupational exposure, particularly in a part-time oncology nursing role. Oncology nurses may come into contact with a variety of medications and substances, some of which can be classified as teratogens. Teratogens are agents that can cause malformation or abnormalities in a developing fetus when exposure occurs during pregnancy. Oncology drugs, particularly chemotherapy agents, are known for their potential harmful effects on rapidly dividing cells, including fetal cells. Therefore, a healthcare setting where these substances are handled increases the risk of inadvertent exposure, which can be detrimental to fetal development. This particularly applies during critical periods of organogenesis in the first trimester when teratogenic effects can be more pronounced. In contrast, factors such as hypertension, age, or travel, while significant in their own rights, do not specifically imply a direct relationship with teratogenic risk in the same way that occupational exposure does. For instance, age of 35 years is often considered a risk factor for genetic anomalies rather than for teratogenic exposure per se. Similarly, while travel may introduce potential exposures, it greatly depends on the destinations and specific circumstances rather than indicating a generalized high risk.

5. When a pregnant patient has genital herpes, which complication are they at higher risk for than the general population?

- A. Preterm labor**
- B. Cervical incompetence**
- C. Cesarean delivery**
- D. Toxic Shock Syndrome**

When a pregnant patient has genital herpes, they are at a higher risk for cesarean delivery compared to the general population. This is primarily due to the risk of transmitting the herpes virus to the baby during a vaginal delivery if lesions are present at the time of labor. If a mother has active genital herpes lesions or a prodromal stage of the disease, healthcare providers typically recommend a cesarean section as a precaution to protect the newborn from potential infection, which can lead to severe complications such as neonatal herpes. The importance of managing genital herpes in pregnancy lies in understanding how it affects delivery methods and the health of the infant. If lesions are present, it is safer to opt for a surgical delivery to reduce the risk of transmission. The decision to perform a cesarean can thus be directly linked to managing the health of both the mother and the baby, making it a critical aspect of care for pregnant patients with genital herpes.

6. Which nursing action is essential for preventing postpartum hemorrhage related to uterine atony?

- A. Administering medications as ordered.**
- B. Massaging the uterus.**
- C. Encouraging ambulation.**
- D. Monitoring vital signs closely.**

Massaging the uterus is a crucial nursing action for preventing postpartum hemorrhage related to uterine atony because it stimulates uterine contractions, which help the uterus to firm up and reduce blood loss. Uterine atony, a condition where the uterus fails to contract adequately after childbirth, can lead to significant postpartum hemorrhage. By performing fundal massage, the nurse promotes the contraction of the uterine muscles, which is vital in controlling and preventing excessive bleeding. While administering medications, encouraging ambulation, and monitoring vital signs are important components of overall postpartum care, they do not specifically address the immediate need to promote uterine contraction in cases of uterine atony. Effective fundal massage directly mitigates the risk of hemorrhage by ensuring that the uterus maintains normal tone and actively engages in the recovery process after delivery. Thus, it is the most critical intervention in this scenario.

7. Which benefit is associated with avoiding alcohol during pregnancy?

- A. Improved financial stability**
- B. Reduced risk of fetal alcohol spectrum disorders**
- C. Enhanced social life**
- D. More energy for physical activities**

Avoiding alcohol during pregnancy significantly reduces the risk of fetal alcohol spectrum disorders (FASDs). These disorders encompass a range of effects that can occur in a person whose mother drank alcohol during pregnancy, leading to lifelong challenges related to physical, behavioral, and learning issues. By abstaining from alcohol, the developing fetus is protected from these potential harms, allowing for healthier growth and development. This makes it a critical recommendation for pregnant individuals, as FASDs can have a profound impact on a child's quality of life and development. While improvements in financial stability, social life, and energy levels could be indirect benefits of avoiding alcohol, they do not hold the substantial health implications that the prevention of FASDs does. The most compelling and direct benefit remains the safeguarding of the unborn child from the adverse effects of alcohol exposure.

8. Just after a client delivers a baby weighing 7 pounds, what is the priority nursing action?

- A. Weigh the newborn**
- B. Check the Apgar score**
- C. Dry off the newborn**
- D. Encourage skin-to-skin contact**

The priority nursing action just after a client delivers a baby is to dry off the newborn. This step is crucial for several reasons. Firstly, drying the baby prevents hypothermia, which can occur due to the newborn's wet and exposed skin. Newborns have a high surface area-to-volume ratio, making them more susceptible to heat loss in the first moments after birth. By drying the infant, the nurse helps to stabilize the baby's body temperature. Additionally, drying the newborn stimulates the baby and promotes respiratory efforts. This is important as it encourages the baby to breathe independently and initiate vital signs like heart rate and respiration. While checking the Apgar score, weighing the newborn, and encouraging skin-to-skin contact are all important actions that will follow, they do not address the immediate need to prevent heat loss and maintain the newborn's thermal stability. Drying the newborn is thus the most critical intervention to ensure the immediate wellbeing of the infant post-delivery.

9. What is the role of nutrition during pregnancy?

- A. To restrict caloric intake for weight management
- B. To support fetal growth, development, and maternal health**
- C. To ensure strict adherence to dietary plans
- D. To eliminate all fats from the diet

Nutrition plays a vital role during pregnancy as it directly impacts both fetal growth and development as well as the health of the mother. Adequate nutrition ensures that the developing fetus receives essential nutrients needed for critical processes such as cell division, organ formation, and overall development. For the mother, proper nutrition helps to maintain her health, support the increased metabolic demands of pregnancy, and can prevent complications such as gestational diabetes and preeclampsia. Meeting increased caloric and nutritional needs is crucial, and this often includes an emphasis on consuming a balanced diet rich in vitamins, minerals, protein, healthy fats, and carbohydrates. This is essential not only for the baby's development but also to prepare the mother for labor and breastfeeding. Therefore, focusing on a balanced intake that supports both fetal and maternal well-being highlights the importance of proper nutrition during this crucial time.

10. How can pelvic floor exercises affect labor?

- A. They can make labor easier and recovery faster**
- B. They have no effect on labor
- C. They increase labor pain
- D. They can lead to longer labor duration

Pelvic floor exercises, often referred to as Kegel exercises, strengthen the muscles of the pelvic floor, which can have multiple beneficial effects during labor and delivery. By improving the tone and strength of these muscles, pelvic floor exercises can enhance a woman's ability to control her muscles during childbirth, potentially leading to a more effective pushing phase. Furthermore, a stronger pelvic floor can contribute to better fetal positioning and may help prevent complications, thereby making the labor process smoother. Additionally, regular practice of these exercises may lead to less trauma and injury to the pelvic area during delivery, which can facilitate a quicker recovery postpartum. In contrast, options suggesting that these exercises have no effect or negatively impact labor do not reflect the established benefits of strengthening pelvic muscles for childbirth. Studies typically support the idea that proper exercise can enhance labor outcomes, making the correct answer highlight the positive influence that pelvic floor exercises can have during this critical time.